

### Abstract of the Disclosure

A bone fracture located in one of the distal area and the proximal area of a long bone of the body is stabilized by inserting an intramedullary nail at a corresponding proximal end or distal end of the long bone, the intramedullary nail having a shank long enough to extend into the shaft of the long bone and reach the corresponding distal area or proximal area, and sockets located intermediate the ends of the shank for receiving anchoring pins extended transversely from the shaft of the long bone and to which a drill guide is coupled for enabling the drilling of holes in the long bone aligned with the fracture for insertion of stabilizing fasteners to stabilize the fracture. Insertion of the intramedullary nail at the appropriate end of the long bone and placement of the anchoring pins at the shaft of the long bone require only relatively small incisions and reduced dissection of soft tissue, by virtue of the location of the anchoring pins spaced longitudinally away from the proximal and distal areas of the long bone, so that blood loss is minimized and recovery is accelerated.